

Figure 1 consists of 12 subplots (a-l) showing the time course of various physiological and behavioral parameters during a 10-hour sleep study. The x-axis for all plots is 'Time (h)' from 0 to 10. The y-axes represent different parameters:

- (a) Sleep stage (W, L, S, D, R): A bar chart showing the duration of different sleep stages. W (Wake) is at the top, followed by L (Light), S (Deep), D (Delta), and R (REM) at the bottom.
- (b) Heart rate (b/min): A line graph showing heart rate over time, with a peak around 2 hours and a trough around 6 hours.
- (c) Blood pressure (mmHg): A line graph showing blood pressure over time, with a peak around 2 hours and a trough around 6 hours.
- (d) Oxygen saturation (SpO2): A line graph showing oxygen saturation over time, with a peak around 2 hours and a trough around 6 hours.
- (e) Breathing rate (breaths/min): A line graph showing breathing rate over time, with a peak around 2 hours and a trough around 6 hours.
- (f) Tidal volume (L): A line graph showing tidal volume over time, with a peak around 2 hours and a trough around 6 hours.
- (g) Minute ventilation (L/min): A line graph showing minute ventilation over time, with a peak around 2 hours and a trough around 6 hours.
- (h) Respiratory effort (cmH2O): A line graph showing respiratory effort over time, with a peak around 2 hours and a trough around 6 hours.
- (i) Airway pressure (cmH2O): A line graph showing airway pressure over time, with a peak around 2 hours and a trough around 6 hours.
- (j) Flow (L/min): A line graph showing flow over time, with a peak around 2 hours and a trough around 6 hours.
- (k) Volume (L): A line graph showing volume over time, with a peak around 2 hours and a trough around 6 hours.
- (l) Power spectrum (dB): A line graph showing the power spectrum over time, with a peak around 2 hours and a trough around 6 hours.

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